

image 1



once you're on the street, it's hard to get off.....

image 2



image 3



This is what happens  
when a fly lands on your food.

Flies can't eat solid food,  
so to soften it up they vomit on it.

Then they stamp the vomit in  
until it's a liquid, usually stamping in  
a few germs for good measure.

Then when it's good and runny  
they suck it all back again, probably  
dropping some excrement at the  
same time.

And then, when they've finished  
eating, it's your turn.



image 5



He told  
his parents  
to f\*\*k off.  
He told his  
foster  
parents  
to f\*\*k off.  
He told  
fourteen  
social  
workers  
to f\*\*k off.  
He told  
us to  
f\*\*k off.  
But we  
didn't.  
And we  
still haven't.

There are thousands  
of disadvantaged  
children in the UK.  
Many of them have  
stories that would  
break your heart.  
Some of them are  
capable of terrible  
things. But if,  
like us, you believe  
that no child is born  
bad, then you can't  
watch someone get  
dumped into the file  
marked 'problem'.  
You can't let society  
play pass the parcel  
with a young  
person's life. If a

image 6

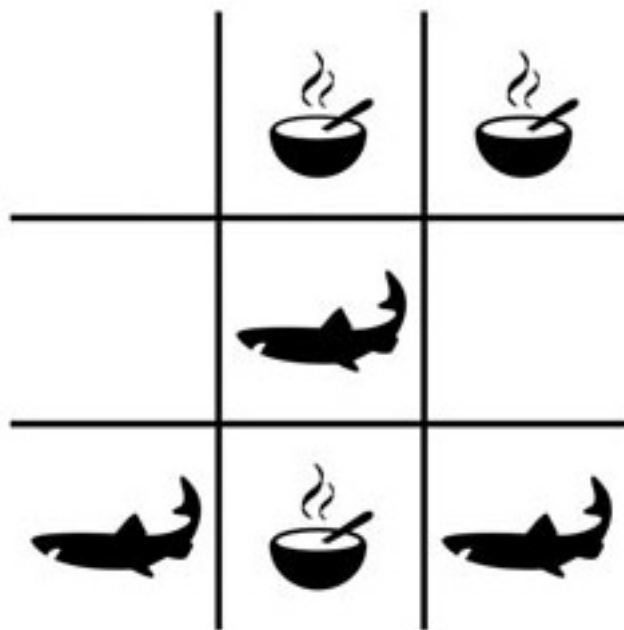




image 7

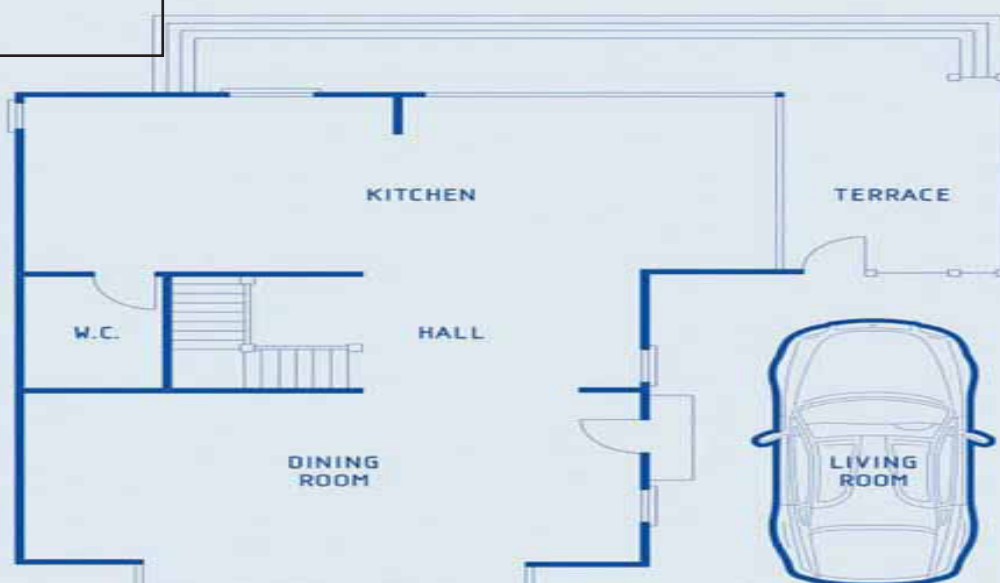
# NIKE EXTREME JUST EXPERIENCE IT



image 7



image 8



WE SPEND ALMOST AS MUCH TIME IN OUR CARS AS WE DO IN OUR LIVING ROOMS. THAT'S WHY DESIGN IS SO IMPORTANT AT VOLVO. BUT DON'T TAKE OUR WORD FOR IT. VISIT US AT URBAN INTERIORS, THE BUSINESS DESIGN CENTRE, ISLINGTON, FROM THE 29TH TO 31ST OCT 2004 OR [WWW.VOLVOCARS.CO.UK](http://WWW.VOLVOCARS.CO.UK). **VOLVO. CARS YOU WANT TO SPEND MORE TIME IN.**

**VOLVO**  
for life





# Why you should think more seriously about killing yourself.

We wouldn't want to alarm or shock unnecessarily.

But it is alarming that every year over 200,000 people in this country try to kill themselves.

And it is shocking because only a very few of them really want to die.

Over 95% of these people who try to kill themselves and survive are glad that they survived.

Out of those who didn't survive there will sadly be many who didn't really want to die because in most cases, an attempt at suicide is first and foremost a cry for help.

So is a call to the Samaritans.

The difference is that it's a cry that will always be answered.

That's exactly why a call to the Samaritans is a serious alternative.

This isn't to say that you have to be about to kill yourself to call the Samaritans.

We hope that people will call long before they reach that point.

The Samaritans are there to listen to anyone who needs someone to talk to. No reason for calling is ever too trivial.

A Samaritan will never censure, criticise or pass judgement.

All conversations, whether face to face or over the telephone are conducted in absolute confidence.

Samaritans are on call for 24 hours a day and 365 days a year. Anywhere in the country.

And there are daytime centres you can visit in nearly 200 cities and towns so there is bound to be one near you.

Anyone who does try to commit suicide and succeeds will never have the chance to change his or her mind.

That's why everyone should think more seriously about taking the easy way out and call the Samaritans.

Please.

**The Samaritans.**

image 10

A blurred photograph of a bride and groom walking on a lawn. The bride is wearing a white dress and a long veil, holding a bouquet of flowers. The groom is wearing a dark suit and a grey hat. In the background, a red double-decker bus is visible, featuring an advertisement for the Volkswagen Polo L with the price £8,240. The bus also displays the Volkswagen logo. The scene is set outdoors with greenery and a fence in the background.

Surprisingly ordinary prices 



image 11



Because I've known you all my life.

Because a red Rudge bicycle once made me the happiest boy on the street.

Because you let me play cricket on the lawn.

Because you used to dance in the kitchen with a tea-towel round your waist.

Because your cheque book was always busy on my behalf.

Because our house was always full of books and laughter.

Because of countless Saturday mornings you gave up to watch a small boy play rugby.

Because you never expected too much of me or let me get away with too little.

Because of all the nights you sat working at your desk while I lay sleeping in my bed.

Because you never embarrassed me by talking about the birds and the bees.

Because I know there's a faded newspaper clipping in your wallet about my scholarship.

Because you always made me

polish the heels of my shoes as brightly as the toes.

Because you've remembered my birthday 38 times out of 38.

Because you still hug me when we meet.

Because you still buy my mother flowers.

Because you've more than your fair share of grey hairs and I know who helped put them there.

Because you're a marvellous grandfather.

Because you made my wife feel one of the family.

Because you wanted to go to McDonalds the last time I bought you lunch.

Because you've always been there when I've needed you.

Because you let me make my own mistakes and never once said "I told you so."

Because you still pretend you only need glasses for reading.

Because I don't say thank you as often as I should.

Because it's Father's Day.

Because if you don't deserve Chivas Regal, who does?

image 12





SOMETIMES

THE MOST IMPORTANT THING

AMERICA CAN EXPORT

IS HOPE.

FIND OUT HOW TO HELP THE PEOPLE OF HAITI  
AT [10THOUSANDDOORS.ORG](http://10THOUSANDDOORS.ORG)



Open hearts. Open minds. Open doors.

**The people of The United Methodist Church\***

image 13

Don't drive and talk on your mobile



image 14

**IF YOU WANT  
AROMA-  
THERAPY  
TAKE A  
WHIFF OF  
THE BLUE  
CRAP THE  
COMBS  
ARE IN**

Universal Barber Shop  
10109 Whyte Avenue





An ad for an American cinema chain.- Utopolis

image 15



**REALITY SUCKS.**  
utopolis.be

**UTOPOLIS**  
group of cinemas

image 16





